

ABSTRACT

The invention provides an information recording medium including highly reliable power calibration areas, as well as an information recording and reproducing device utilizing it. The medium is an information recording medium having a recording layer including a data recordable area 50 for recording user information signals, a lead-in area provided on the inner periphery of the data recordable area 50, an inner power calibration area provided further on the inside of the lead-in area for recording test recording patterns, and a recording management area for recording recording management information related to the inner power calibration area. An outer power calibration area 70 is provided on the outer periphery of the final point of recording of the user information signal on the recording layer.